

Diabetes & Driving- DVLA rules

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Group 1 – car and motorcycle

- ‘adequate’ awareness of hypoglycaemia
- no more than 1 episode of severe hypoglycaemia in the preceding 12 months
- blood glucose checked before driving (no more than 2 hours before starting to drive) and at least every 2 h when driving
- meets the visual standards for acuity and visual fields

Group 2 – bus and lorry

- full awareness of hypoglycaemia
- no episode of severe hypoglycaemia in last 12 months
- must use a glucose meter with sufficient memory to store 3 months of readings
- Minimum of 2 tests/day and always when driving
- demonstrates an understanding of the risks of hypoglycaemia
- No visual or other medical issues that would affect driving

Group 2 process

- Usual diabetes care provider performs annual examination including review of the previous 3 months of glucose meter readings
- independent consultant diabetologist review if examination by usual doctor is satisfactory
- at both examinations, the patient must provide meter containing 3 months data – minimum of 2 readings/day and at all times when driving

Glucose targets and driving

- Should not drive if glucose < 4 mmol/l
- If < 4 mmol, take @ 15 g rapid acting carbs (e.g. 5 x glucose tablets or jelly babies). Follow after 15 min with 10-15 g long acting carb (biscuit/bread) if between meals
- Do not resume driving until 45 minutes after correction of hypoglycaemia
- Recheck glucose is > 4 mmol/l before driving.

If glucose between 4 and 5 mmol/l

- Can continue to drive with glucose between 4 and 5 mmol/l but DVLA suggest taking carbohydrate snack to reduce risk of glucose falling.
- If using CGM e.g. Freestyle Libre trend can be helpful in determining if at risk of falling lower.
- NB Freestyle / CGM cannot replace blood glucose when driving as not recognised as equivalent by DVLA

Hypoglycaemia Unawareness

- Inability to detect hypoglycaemia
- Common in people with type 1 diabetes, particularly long duration
- Can occur in type 2 diabetes

- Significant increase in risk of severe hypoglycaemia

Hypoglycaemia Unawareness

- Suspect if patient reports hypos being identified by partner first
- Gold score used to identify in clinic
- Simple self reported measure – visual scale of 1 to 7
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- ‘Please indicate on the scale how aware you are of when your hypos are commencing
- **ALWAYS 1 2 3 4 5 6 7 NEVER**
- 4 or greater defines hypo unawareness

Who has to notify DVLA?

Insulin users: All need to tell DVLA and follow glucose testing recommendations. *(exception group 1 on temporary insulin treatment for < 3 months)*

SU & Meglitinides: Only Group 2 need to advise and need to follow same rules on testing as with insulin.

Group 1 do not need to inform¹

However *'It is appropriate to offer self monitoring of blood glucose at times relevant to driving to enable the detection of hypoglycaemia.*

¹ *Assumes no other medical condition relevant to driving*

Who has to notify DVLA?

Other oral agents and GLP-1 analogues

- Group 2 need to notify
- Group 1 do not need to notify¹
- No special BG monitoring requirements

Diet & Lifestyle

No requirement to inform DVLA¹

¹ Assumes no other medical condition relevant to driving